

Flight Jacket

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Marine Corps Air Station Miramar

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Eyesight regulations change for pilots, aircrew hopefuls

By Sgt. W.A. Napper Jr.

CPAO, MCAS Miramar

Eyesight regulations for pilots, Naval flight officers and aircrew have recently changed, due to extensive studies involving flight and the effects of wearing eyeglasses.

The changes may open the window of opportunity for many who thought they were ineligible to be Marine Corps or Naval aviators.

According to Navy Capt. Mark Edwards, 3d Marine Aircraft Wing surgeon, the changes have already been approved at Headquarters Marine Corps, and it's only a short matter of time before the changes are written in an official message.

"The vision standards have loosened up a bit, in other words, they're not as stringent," said Edwards. "The reason is because we've found medically they don't have to be as strict as we thought they needed to be. We've had enough years of experience (with aviation), so we've expanded the pool of candidates committed to aviation."

Originally, candidates had to have 20/20 vision to be accepted into the pilot program. Edwards said those requirements had loosened to 20/30. With the new changes, Naval Aviator candidates can now have 20/40 eyesight. Edwards said pilots who see 20/20 naturally and pilots who wear glasses to correct their eyesight to 20/20 have the same flying ability.

"We didn't find any problems in terms of a division," he said. "The fact that one wears glasses — he still functions well. With glasses they do just as well as somebody who



Originally, pilot candidates had to have 20/20 vision to be accepted into the program. Candidates can now qualify with 20/40 vision if it can be corrected by wearing glasses. Photo by Sgt. W.A. Napper Jr.

sees 20/20 (naturally)."

Another change was the removal of depth perception requirements for aircrew members. Edwards said the part of depth perception which can be tested is actually rarely used in a real-world situation.

"They eliminated depth perception, and that's a tricky one because the only thing we are able to test is binocular vision — using your two eyes to get a three-dimensional

field," he said. "(Using) both eyes for depth perception only works for a certain distance. Beyond that, the fact that you're looking with two eyes doesn't help you tell distance."

He said it's what humans actually see from their visual cues — something is in front of or behind something else — that doesn't work with binocular vision. Until now, the Navy and Marine Corps has only tested the part of depth perception that is helped by

having binocular vision. According to Edwards, after a certain distance, binocular vision doesn't help a person.

"You're forming a triangle, and your brain interprets that and gives you an idea that 'hey, this is three dimensional and that's how it looks,'" he said. "But if you look far enough, this triangle is so small, it doesn't

See **Pilot eyes**, page 11

VMFA-225 Hornets add sting to Panthers' bite at Al Jaber

By Air Force Master Sgt. Greg Bade

Public Affairs, 332nd Air Expeditionary Group

AL JABER AIR BASE, Kuwait — Marine All-Weather Fighter Attack Squadron 225 completed its bed-down here March 7 when its F/A-18 Hornets rolled onto the flightline, replacing the outgoing A-10 Thunderbolt II's.

According to the squadron's executive officer, Maj. Bruce Shank, this is their first deployment to the Southwest Asia area of operations.

"Some of our people have Operation Southern Watch experience with the Air Force, but our normal rotations are to Japan and the Far East," he said, adding that the unit is coming off a six-month tour in Japan just nine months ago. "The consensus in the squadron is that this is an excellent opportunity to do our mission in a different environment and contribute our capabilities to the contingency operations here."

Those capabilities include close-air support, deep-air strike, forward airborne control, combat search and rescue, and "any role the F/A-18D is capable of and we're trained to

perform," Shank said.

All these are capabilities welcomed by Air Force Col. Tim Vigil, 332nd Air Expeditionary Group Commander.

"The VMFA(AW)-225 brings significant airpower to the group and I'm confident our mission to control the no-fly

zone will be enhanced with our Marine teammates on board," Vigil said. "They're flying some very lethal, late-model Hornets ... I'm just glad they're on our side."

The squadron, which has combat experience in air operations over Kosovo and Bosnia, brought more than 150 people to support the deployment. "In addition to our normal complement of pilots and aviation maintenance personnel, we have medical personnel, security forces, air-traffic controllers, and intermediate-level aircraft maintenance specialists," Shank said.

Sgt. Maj. Dennis Payne is responsible for the enlisted members, and said the Marines are pleasantly surprised at the quality of accommodations.

"Normally you think of a forward deployed location as being pretty austere, but we've found everything from the living arrangements to the chow hall to be better than expected," Payne said. "The support from the Air Force has been superb ... we've got everything we need to do our job."

Shank echoed Payne's assessment of conditions at Al Jaber. "It's not the San Diego Hilton, not by a long shot," Shank said. "But there are certainly more amenities available than you'd normally see at this kind of location."



An F/A-18D Hornet from VMFA(AW)-225 taxis on Al Jaber Air Base's runway in Kuwait. Photo by Air Force Tech. Sgt. Steven J. Elliot

April is Month of the Military Child and Child Abuse Prevention Month

By Cpl. Rob Henderson

CPAO, MCAS Miramar

In 1986 the Secretary of Defense designated April the "Month of the Military Child." The Marine Corps also recognizes April as "Child Abuse Prevention Month." Both observances during the month are geared toward recognizing a child's role in the military family.

"Frequent moves and extended family separations make the Marine Corps life especially challenging. As we celebrate the 'Month of the Military Child,' I offer my personal thanks to each Marine Corps family," wrote Gen. James L. Jones, Commandant of the Marine Corps, in All Marine message 011/01 dated March 26.

The theme for this year's Child Abuse Prevention Month is "Nurturing today's children builds tomorrow's leaders."

"Each of us has a responsibility to play an important role to end child abuse and celebrate the joy of childhood," wrote the commandant in Marine Administration message 147/01. "The challenge is for all hands to become proactive with the education and training provided at all levels of the Marine

Corps."

Marine Corps Community Services will offer live, onstage entertainment for children at the station theater every Thursday at 1:30 p.m. during the month of April.

The San Diego Civic Dance Association will perform to various Broadway hits during a high-stepping, fast-paced program this Thursday. On April 12, the Wild World Ani-

mal Show invites children to visit different animal's natural habitats. Animals will include a llama, lemur, cockatoo, monitor lizard, and opossum. April 19 brings "Comedy and Magic with T.J." to the stage. T.J. the magician will entertain children with his comedy-based magic show. The final event on April 26 is "Ronald McDonald and his Magic Show."



Jo-Beth Strong, 10, laughs with her mother, a Marine sergeant. Jo-Beth wants to grow up to be a Marine just like her mom. Photo by Cpl. Rob Henderson

Retention survey tells why reserve Marines 'Stay Marine'

By Sgt. A.C. Strong

CPAO, MCAS Miramar

Headquarters Marine Corps released Marine Administrative message 132/01, March 20. The message explains the implementation of new online retention and exit surveys designed to obtain a greater understanding of why Marines leave Selective

Marine Corps Reserves.

According to the MARADMIN, it is hoped that this will assist with the development of recruiting, retention and personnel policies that will address concerns and reduce the number of quality Marines who choose to end their SMCR affiliation.

"The decision to change was made because it is much more accessible on the

Web," said Maj. Catherine A. Payne, systems integration officer, Manpower and Reserve Affairs. "This allows a Marine to take it without having to be at the unit."

These surveys make the old ones, located on Lotus Notes, obsolete, according to the message.

It is mandatory that Marines complete either the retention or exit survey and MARADMIN 132/01 instructs commanding officers and officers-in-charge to ensure command attention and maximum participation.

"If it weren't mandatory, we wouldn't get the numbers," said Payne. "We need the results for the analysis we do on the responses to emphasize issues that make Marines stay, as well as looking into solutions for those that cause them to want to leave."

The new surveys are available online at: ra.manpower.usmc.mil.

For details contact Payne (703) 784-9138.

Flight Jacket earns Corpwide honors

From the editor

CPAO, MCAS Miramar

Marine Corps Air Station Miramar's Flight Jacket was named the Marine Corps' best tabloid-sized, civilian-enterprise newspaper Monday.

The Flight Jacket topped all other publications including the Rotovue from MCAS New River, N.C. and the prestigious Okinawa Marine from Marine Corps Base Camp S.D. Butler, Okinawa, Japan for the 2000 Division of Public Affairs Merit Award.

The Flight Jacket will go up against the other service branches next week.

Flight Jacket



Maj. Gen. Charles F. Bolden Jr. <i>Commanding General</i> 3d Marine Aircraft Wing	Maj. Gen. William G. Bowdon <i>Commander</i> Marine Corps Air Bases Western Area
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Maj. T.V. Johnson
Director, Public Affairs Office

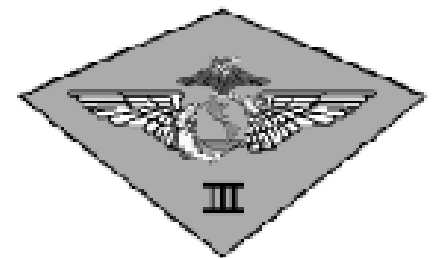
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Sergeant Major's Column

Help NMCRS help you and your fellow Marines

By Sgt. Maj. Ira J. Lott

MCABWA

Last week was the kickoff for the Navy-Marine Corps Relief Society Fund Drive. I know there's a lot of heartache about giving to them for one reason or another. I asked that you take a few minutes to consider the following.

Many times, as leaders, we reach the boiling point because we just found out that one of our Marines or Sailors went out and bought an entire three-bedroom house full of furniture at very high interest. Perhaps another Marine or Sailor just purchased a brand new 2001 car with no down payment and at \$150 a month ... forever. Some of our Marines or Sailors are literally living pay-day to payday with zero fluff in the budget, but with the high cost of energy and housing, they want to make it as a family. As leaders we recognize that we will not have all the answers, but we sure know where to find the answers.

That place to help in this time of need is your Navy-Marine Corps Relief Society. Ann Evans, the director, gave me some facts that I used to spread the word of our housing and living woes in San Diego. Did you know that last year she and her people assisted close to 800 of our Marines and Sailors?

This is not counting the people they turned away for not meeting the basic criteria. They assisted in providing more than \$500,000 in loans just for home start-up fees

(money to put down to obtain a place to live), vehicle repairs and food.

They also assisted in providing grants to our families, which through a very strict and confidential screening process, were found to be in dire need of some immediate financial help.

More than 20 years ago I was one of those that thought the Navy-Marine Corps Relief was just one of those organizations that said they were there to help our Marines and Sailors, but just never came through. Like I said, years ago I was one.

However, after directing one of my Marines there as a last ditch effort for relief, he came back to me later and thanked me. I said "for what?" He said for giving him the chance to redeem himself as a man, a father and a Marine. He told me that he had learned a valuable lesson in finance and money management. After throwing him out of my office for wasting my time, I called the society, relayed the story and said thanks. Thus, making me a convert. I've been giving ever since.

Did you also know that those who have sought and received guidance, assistance, aide or counseling from Navy-Marine Corps Relief pay back the loans and also give so they can help others? Please ensure that your fund drive representative contacts you so you can make the choice to give or not. Marines and Sailors as well as myself, hope that the decision you make is the one that will continue to help others if the time comes.

Married to a Marine

LINKS success story unveiled

By Michelle Osborn

LINKS, MCAS Miramar

For more than a month, this column has introduced Marine spouses to a sampling of topics that the Lifestyle Insights, Networking, Knowledge and Skills program presents during its monthly sessions. But there is no better way to celebrate the merits of this program than by hearing what a fellow spouse has to say about it.

Regina, a proud graduate of the January 2001 LINKS session, has been married to a Marine for two-and-a-half years so she is relatively new to the Marine Corps family. When asked what she liked best about the LINKS session, she answered "the vast amount of knowledge made available to the wives [spouses], and the overall presentation of the information."

Learning how to read a Leave and Earnings Statement, and how to make the appropriate arrangements for a move to another duty station were the most valuable lessons for Regina. She says that she feels good in knowing that there is a support system set up for families and a point

of contact in regard to any questions she might have in the future about programs, benefits or lifestyle changes.

According to Regina, "This program is a vital link to the continuation of enhancing the quality of life for families. It provides a positive network for wives and families to stay in contact with and to provide overall support concerning military lifestyle issues. I feel this program is a great asset to new wives coming in and provides them confidence in knowing the Marine Corps family is here for them. It creates an overall awareness of the benefits, programs and resources available."

When asked if she would recommend this program to other Marine spouses, she answered, "Definitely."

LINKS is a Marine Corps family-team-building program funded for the benefit of Marine spouses so everything (presentations, session materials, refreshments and child care) is free. The program is run by a team of volunteers, all of whom are Marine spouses who have dedicated themselves to helping others.

The next LINKS session is scheduled for April 17-19 from 6:30 to 9:30 pm.

For program details call 577-4810.



SAVE ENERGY

We may need it later

Ad Space

‘Why-Me’ mentality must be replaced with ‘Can-Do’ mindset

By Cpl. Rob Henderson

Commentary

Marines have always been a can-do, fear-instilling, awe-inspiring, force-in-readiness. In 225 years of being the best, we have proven our steadfast commitment to our country, our Corps, and our comrades.

The can-do mentality must remain the prevalent concern in the minds of young Marines joining our ranks. What I can’t stand is hearing the why-me mentality manifesting itself in the form of laziness within our ranks.

May 8, 1999, exhausted from sleepless nights and long humps, I stood at the pinnacle of “The Grim Reaper,” and I received my eagle, globe, and anchor in a ceremony that caused veterans in attendance to weep. I was overwhelmed with the can-do feeling.

The world was mine for the taking, and no obstacle was too large to overcome. I thought, “I am a United States Marine.”

September 8, 1999, fresh from my Military Occupational Specialty school, I checked into Cherry Point, N.C., for duty as a unit diary clerk with Marine Aircraft Group 14. Immediately, I was inundated with negative attitudes about the Marine Corps. A handful of the Marines I worked with wanted out of the Marine Corps, and had no problem telling me how the Marine Corps wasn’t what they expected. I was disappointed and angry, because they were United States Marines asking, why me?

Why did I join the Marine Corps? Why do I have to clean the head every Thursday? Why do I have to P.T. three times a week? Why me? Why me? Why me?

How did that small jump from recruit

training to the fleet Marine Corps invoke such bitter feelings in me? It’s simple. I went from the can-do environment of recruit training to a why-me environment, and I began to fall into the same trap.

Every turn brought a new question from a different Marine, but the root of the problem lies in the why-me mentality. It took a Chief Warrant Officer 2 to convince me that the why-me trap I was beginning to fall into was responsible for the death of many Marines’ careers.

In a few words at a Friday afternoon shop meeting, CWO-2 Steven Wallace taught me what it was to be fleet a Marine. He said, “Never say ‘why me.’ Say ‘why not me’ or say ‘I can do it, because I am a Marine.’ Otherwise, you aren’t a Marine, and you will be

See **Why-me**, page 11

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Mir *Remarks*

Why do you pick up the Flight Jacket?



“To stay informed about what’s going on around the station and it’s a good source of information for activities around the San Diego area.”

Staff Sgt. Mark A. Gutierrez
MWSS-373

airfield operations administration chief



“I pick up the Flight Jacket to stay informed and to hear other people’s views on current topics.”

Gunnery Sgt. Dale R. Miller
MAG-16

operations chief



“I read it to keep up with current events and the Corps in general.”

Lance Cpl. Alvie S. Custodio
H&HS

administration clerk

Miramar exempt from rolling blackouts

By Sgt. A.C. Strong

CPAO, MCAS Miramar

Marine Corps Air Station Miramar is exempt from San Diego Gas and Electric's involuntary rolling blackouts, according to a stationwide e-mail from public works released March 22.

The e-mail states, "U.S. Marine Corps and U.S. Navy installations' military electric power systems in San Diego are protected from 'rolling blackouts,' by a mandatory exemption. The electric service provider to MCAS Miramar is the Navy Public Works Division San Diego, and PWD power is protected from the SDG&E rolling blackouts by formal policy.

"All MCAS Miramar station power is exempt from SDG&E deliberate rolling blackouts, regardless of our consumption level. Our vital national defense role mandates that our electric power is not interrupted by such 'energy balancing' measures.

"There is one circuit on MCAS Miramar that is vulnerable to rolling blackouts, and that is the commissary and main exchange circuit (including all food court, cashier, laundry, kiosks, etc. in buildings 2660 and 2661). Although the commissary and exchange were alerted by SDG&E to be blacked out for 90-minute durations recently, actual shut-offs did not occur there.

"This single circuit remains subject to blackout because it is a commercial electric circuit direct from SDG&E, not a PWD power circuit."

According to the e-mail power to some air station facilities on East Miramar were shut off March 19. The mistake occurred because the circuit was improperly identified in the listings of circuits and blocks. Also according to PWD, SDG&E did not know that it was actually a military circuit, although it is supplied by a SDG&E power line. "The circuit has been removed from the circuit block lists."

That doesn't mean Miramar personnel can slack off.

According to the e-mail, "Energy conservation efforts by all station personnel are mandatory in order to meet the 30 percent reduction requirement proclaimed for the entire Department of Defense. Miramar will succeed in accomplishing this task by increasing all our individual efforts to secure all power uses when we are not actively using coffee pots, lights, computers, printers, copiers, etc., by reporting all questionable power uses to the energy hotline at 577-1951 and by cooperating fully with the station energy specialists who are visiting all facilities to put direct energy saving measures in place stationwide."

Miramar aircraft, personnel play vital role in seizing beach at Kernel Blitz '01

By Cpl. Mike Camacho

CPAO, MCAS Miramar

MARINE CORPS BASE CAMP PENDLETON – Numerous squadrons from Marine Corps Air Station Miramar stormed the beaches here April 2, in the largest biennial amphibious assault in the Western Pacific, Kernel Blitz '01.

Marine Aircraft Group 16, Miramar had six CH-46E Sea Knight Helicopters from Marine Medium Helicopter Squadron 165 and seven CH-53E Super Stallion Helicopters from Heavy Marine Helicopter Squadron 462. From Marine Aircraft Group 11, four F/A-18D Hornets from Marine All-Weather Fighter Attack Squadron 121, four F/A-18D Hornets from Marine Fighter Attack Squadron 232 and two KC-130 Hercules from Marine Aerial Refueler Transport Squadron 352 participated in the exercise

designed to test the Navy and Marine Corps' ability to perform an amphibious assault.

Amphibious landing operations are considered among the most complex of all naval maneuvers. The United States is the only nation currently maintaining brigade-level amphibious-assault capability.

Kernel Blitz started March 20 and ended today. Approximately 25 ships, 75 aircraft and 15,000 Marines, Sailors, soldiers, coast guardsmen and airmen representing four nations participated in the exercise.



A Landing Craft Air Cushion unloads a 5-Ton truck during the beach attack for Kernel Blitz '01. Photo by Lance Cpl. Anthony Blanco

Ad Space

SAVE ENERGY



We may need it later



A balloon vendor at Knott's Berry Farm's "EasterEggMazeMent" cruises the streets showing his brightly colored wares. The park's celebration of Easter gives children the opportunity to sing karaoke, hunt for Easter eggs and play with farm animals. Photo by Cpl. Rob Henderson

'EggMazeMent' abounds around Easter at Knott's Berry Farm

By Cpl. Rob Henderson

CPAO, MCAS Miramar

Good grief, Charlie Brown." Charles M. Schulz, the creator of the "Peanuts" comic strip, died last year after building a comic empire through his characters. Now, Charlie Brown and the rest of the Peanuts gang can be spotted live daily.

Close enough to Miramar for a day-trip, Knott's Berry Farm in Buena Park, offers kids and adults a fun day of Easter celebration.

Knott's 6th Annual Easter EggMazeMent, a fun-filled romp through the Peanuts comic strip, started last weekend and will run through April 22.

Visitors to the park can expect to join the fun by

experiencing elaborately themed, three-dimensional, walk-through adventures at locations throughout the park.

"Easter EggMazeMent continues to grow bigger every year to encompass more hands-on adventures spread throughout more of the park," said Charles Bradshaw, director of entertainment development. "We've created a fun way to make sure our youngest guests don't miss out on any of the walk-through adventures, hands-on arts and crafts and other activities."

This year, Easter EggmazeMent features three interactive adventures, each offering guests an opportunity to experience the magic of Easter.

The "Peanuts Playhouse Egg Hunt" takes guests through a two-story clubhouse in search of golden Easter eggs. The attraction is fully interactive with eggs hiding in

Peppermint Patty's refrigerator and Lucy's bedroom. At the end of the attraction, egg-seekers are rewarded with candy.

"Snoopy's Down on the Farm Hay Bale Maze" and "Snoopy's Under-the-Sea Maze" are designed to let children explore different environments. In the farm maze, children are introduced to barnyard animals and country living. Under the sea, children experience aquarium scenes with plastic fish and Mylar kelp.

The event also gives families the chance to experience live shows filled with excitement, karaoke for children and the Easter bunny.

All other attractions at Knott's Berry Farm are also open for older children and adults to enjoy.

For more information call (714) 220-5200.

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Charlie Brown, Linus and Lucy entertain park guests with sing-a-long songs about life on the farm. The Peanuts gang can be seen at numerous attractions around the park. Photo by Cpl. Rob Henderson

Marines form true partnership in education

By Cpl. Mike Camacho

CPAO, MCAS Miramar

John Muir Alternative School and Marine Aviation Logistics Squadron 16 are equally involved in a partnership. This Partnership in Education is unique mainly because of the school. It is the only Kindergarten through 12th grade school in the San Diego City School District. This gives the Marines the opportunity to tutor and mentor students in many age groups.

For the past three years numerous Marines from MALS-16 have created a bond with students from this unconventional school.

“We tutor the students if they are having problems with their school work, and sometimes we teach them about life and what to expect,” said Lance Cpl. Megan E. Janus, aviation supply specialist.

In the first year this partnership was formed, there were only approximately 10 to 12 Marines and two classrooms Marines visited. This year there are approximately 45 Marines and 14 classrooms.

“It is 100 percent volunteer,” said Gunnery Sgt. Erik H. Shirreffs, MALS-16 squadron gunnery sergeant and coordinator for MALS-16’s Partnership in Education. “Marines really get a sense of pride for being able to give back to the community.”

The pride seems to be contagious.

“I have seven brothers and sisters so, this reminds me of home,” said Lance Cpl. Victoria A. Limon. “The pure satisfaction I get from knowing that when I help these stu-

dents it makes a positive impact on their lives is beyond compare.”

The Marines visit the school on a weekly basis – every Thursday. The students know the Marines by name and actually call them by their rank. There has been a relationship formed between the two.

The volunteers arrive at the school about 8:30 a.m. and stay until 9:30 a.m. At the time the Marines are there, many of the students go to their homeroom class. This class gives the students the opportunity to complete assignments, study and prepare for the day. It also gives the Marines the opportunity to interact with individuals in the area that they may need help.

The tremendous success of this program was a surprise to the school’s head counselor Will Laughlin. “At first I thought the kids might not want the military here,” said Laughlin. “This school is a humanistic magnet, the parents who formed this school were the protestors of the Vietnam War.”

Laughlin attributed 100 percent of the program’s success to the Marines’ leadership. He said they came in quietly, showed pride in their service and a love and belief in their work and because of that it’s been successful ever since.

“The Marines give these kids standards to look at – like honor and integrity,” said Laughlin.

Commands interested in forming a partnership with an area school are encouraged to call Janet Delaney at (619) 725-5592 or the public affairs office at 577-4332.



Sgt. Jason R. Janus, MALS-16 toolroom noncommissioned officer-in-charge, gives the dress-right-dress command and third graders from John Muir Alternative School scream, “Snap, look to the right,” at the school March 29. Photo by Cpl. Mike Camacho

Ad Space

Navy shop on station maintains stellar retention rate

By Sgt. W.A. Napper Jr.

CPAO, MCAS Miramar

In the midst of today’s problems of keeping military personnel enlisted in the service, one Navy shop here is apparently doing everything right when it comes to their Sailors eligible for reenlistment.

In the past five months the station’s aviation supply shop has been able to achieve a reenlistment rate of 81.9 percent, while the Navy average is 54 percent.

Navy Lt. Frank Griak, aviation supply division officer, believes the reason for the above average reenlistment rate for his approximately 40 Sailors is the excellent facilities aboard the air station.

“I’ve been in the Navy for 19 years and this is one of the best places to get assigned to,” he said. “I think being stationed here rekindles their dedication when they could easily ‘punch out.’ Miramar is a real well-kept secret.”

Sailors are stationed here for two or three years, and according to Griak, their next duty assignment is almost always three or four years of sea duty. In fact, all of the Sailors who have reenlisted here did so knowing they would get sea duty orders. Three of Griak’s second-term Sailors reenlisted after receiving orders to Guam. He said the Sailor’s positive attitudes toward each other and the shop’s ability to have an adaptable schedule allows the Sailors an opportunity to advance their education.

“Our operations here allow us to be flexible with (work) hours,” he said. “I think this gives the sailors motivation and possibly gratitude so they reenlist.”

Petty Officer 1st Class Jose Sarmiento, Miramar aviation supply aviation storekeeper, is the Sailors’ command career counselor. He agreed with Griak about the sailors reenlisting because of the good experiences they have here.

“I only have to present what’s available to the Sailors,” he said. “They come to me wanting sea duty.”

Petty Officer 2nd Class Barbara Campbell, Miramar aviation supply storekeeper, is one of the motivated Sailors who recently reenlisted for sea duty. She said one of her main reasons for reenlisting was the unstable economy of the civilian world, and the job security that military life provides.

“I have a husband and two kids, so getting out didn’t seem too smart,” she said. “I can deal with being gone. My youngest kid is 3 years old, so I’ve already experienced the ‘firsts.’ My husband and I can deal with the separation, and I don’t think my kids are going to wonder why mommy’s not there.”

Campbell, who will have been in the Navy for 10 years in May, reenlisted and received orders to join USS Kinkaid for a four-year tour of duty beginning in July.

Although she’s been attached to two other ships, she says the longest she’s been away from her family was only three months.

“You get used to it,” she said. “It was just my turn to go out to sea.”

She also believes that many Sailors are reenlisting because they are thinking about their futures, and realizing that retiring in their late 30s or early 40s isn’t that bad. Petty Officer 2nd Class Stephanie Robertson, Miramar aviation supply storekeeper, reenlisted March 16 for the third time in her Navy career.

“I did it because of stability,” she said. “Getting out into the real world wouldn’t be what I expect it should be right now. This last year has been good for me, which helped me make my reenlistment decision.”

Whether it’s for the love of the Navy or to avoid an unstable economy, aviation supply Sailors continue to reenlist at a rate high above that of the Navy as a whole.

Doctors can’t fly, or can they?

By Cpl. Mike Camacho

CPAO, MCAS Miramar

Not like birds, but some medical practitioners soar the skies. Early in the history of aviation, the need for a special kind of physician who could understand aviators’ physical and mental stress was realized. These physicians are called flight surgeons.

“In order for me to say who can and can’t fly I need to know the complications and stress that could arise during flight,” said Navy Lt. Nichole M. Olekowski, Heavy Marine Helicopter Squadron 465 flight surgeon.

It is the flight surgeon’s job to make sure that the squadron is medically deployable at any time. As well as making sure the pilot and aircrew are physically and mentally prepared for flight, flight surgeons here are also responsible for supporting the station clinic. Other priorities for the flight surgeon include being a part of mishap investigation teams, medical boards, and training to maintain competency.

“The myth is that we’re doctors that hand out Motrin at physical fitness tests and play golf the rest of the time,” said Navy Lt. Cmdr. Lorimel F. Arabe, HMH-462 flight surgeon. “This isn’t true. We actually work pretty hard.”

It seems that being able to get behind the controls of military aircraft makes this occupation one of the most unique for those practicing medicine in the armed services.

To become a naval flight surgeon, one must complete the Naval Flight Surgeon’s Course. The 24-week-long course prepares Naval physicians for duty with Navy and Marine Corps aviation units. The curriculum is divided into three phases that provide the necessary knowledge and experience and assure a flight surgeon’s credibility among aviators. It gives rookie squadron doctors the background to contribute to a squadron’s aviation safety and also helps establish good relations with squadron personnel.

Ad Space

Ad Space

“Gray Ghosts” hold annual reunion

Marine Fighter Attack Squadron 531, in conjunction with the Marine Corps Aviation Association will hold its annual reunion Sept. 20-23 in San Diego. All personnel who served with or were attached to the squadron are invited to attend.

For details call Dave Kassebaum at home: 459-6088, 459-0066, or via cell phone at: (619) 252-6088.

He can also be reached via email at: kass6088@aol.com.

WIC extends helping hand

The San Diego area American Red Cross Women, Infants and Children program makes it easier for families with children under 5 years old who find it hard to make ends meet in this high cost-of-living area.

WIC provides vouchers for nutritious food worth up to \$130 per month, as well as nutrition education, breastfeeding education, and referrals to health care.

Financial eligibility depends on total family size and income.

For details call 800-500-6411.

NWCA Scholarship Foundation accepting applications

The Navy Wives Clubs of America, Inc. offers \$1,500 annual scholarship grants to eligible sons and daughters of enlisted members of the Navy, Marine Corps and Coast Guard on active duty, retired with pay or deceased.

The NWCA awards 40 scholarships annually to applicants who show basis of need for financial assistance, have good grades and hold a current military identification card.

The deadline for applications is May 30. Applicants should send a self-addressed, stamped business envelope to:

Mrs. Barbara Stead
NWCA Scholarship Director
3848 Old Colony Circle
Virginia Beach, VA 23452-2910

Padres’ Military opening day

The San Diego Padres, team of the Marine Corps and Navy, will hold Military Opening Day Thursday. The Padres will take on the San Francisco Giants at 2:05 p.m. Ticket vouchers are available at the Entertainment Ticket Office.

Prices are \$12 for Field seating, \$11 for Plaza seating, \$8.50 for Lodge seating, \$5 for Grandstand Plaza seating and \$4.50 for Grandstand Lodge seating.

Vouchers are not a guaranteed seat and must be exchanged at the stadium for tickets. Advance voucher exchange is recommended for best seating.

Vouchers are non-refundable or exchangeable unless the game is sold out, at which time vouchers for this game are required to be returned to the ticket office prior to April 16.

Contact the ticket off at 577-4126 or 577-4141, or the Padres at (619) 29-PADRES, or visit www.Padres.com for details.

MOSC offers scholarships

Miramar’s Marine Officers’ Spouses’ Club offers college and technical school scholarships to high school seniors, high school graduates and family members of active-duty servicemembers of MCAS Miramar and its tenant commands. Family members of retired and deceased servicemembers residing in the Miramar area are also eligible.

The MOSC will award one \$1,000 and three \$500 MOSC sponsored scholarships.

The MOSC deadline is April 15 and is open to all eligible family members. Applications postmarked after the deadline will not be considered.

Applications are available from local high school guidance counselors or by sending a self-addressed, stamped business envelope to:

Marine Officers’ Spouses’ Club at Miramar
Lynn Holtzhouser, Scholarship Chairperson
P.O. Box 45078
San Diego, CA 92145-0078

TRICARE stops co-payments

Family members of active-duty servicemembers enrolled in TRICARE Prime no longer have to pay co-payments as of April 1. This affects civilian care provided by the selected primary care manager, referred specialty care – including mental health – and hospitalization.

The change does not apply to co-payments for pharmacy or the point of service option, according to TRICARE representatives.

For more information call 800-242-6788.

Library adds Friday story hour

The station library has added an additional free preschool story hour, Fridays at 10 a.m.

No registration is required for the free program. Preschoolers and toddlers can enjoy stories, music, and crafts geared toward their age group.

Regular story hour still takes place every Thursday at 2 p.m. Children of all ages

Free movies from MCCs

<p>Today</p> <p>The Wedding Planner (PG-13) 4:30 p.m.</p> <p>Monkeybone (PG-13) 6:30 p.m.</p> <p>Saving Silverman (PG-13) 8:30 p.m.</p> <p>Valentine (R) 11 p.m.</p> <p>Saturday</p> <p>Recess: School's Out (G) 2 p.m.</p> <p>Recess: School's Out (G) 6:30 p.m.</p> <p>The Emperor's New Groove (G) 8:30 p.m.</p> <p>Gladiator (R) 11 p.m.</p> <p>Sunday</p> <p>Recess: School's Out (G) 1 p.m.</p> <p>The Wedding Planner (PG-13) 6:30 p.m.</p>	<p>Wednesday</p> <p>Get Over It (R) 6:30 p.m.</p> <p>Thursday</p> <p>How the Grinch Stole Christmas (PG) 2 p.m.</p> <p>3,000 Miles to Graceland (R) 6:30 p.m.</p>
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The station theater is equipped with a 35 mm projection system and Dolby Digital Surround Sound. All movies are free for everyone. For movie synopses see the current theater flyer or call 577-4143.

are invited.

The library is located in the Lifelong Learning Center in Building 5305.

For more information call Addie Ross at 577-8974.

Avoid rush hour, catch a flick

Beat the traffic. The station theater will offer the Rush Hour Quick Flick. The “Flick” is a free movie Fridays at 4:30 p.m.

For more information call 577-4126.

Alcohol-Free Weekend

The Miramar Semper Fit Health Promotion Office, Single Marine Program and the Great Escape invite Miramar Marines to accept the alcohol-free challenge – and a week-end of fun challenges, Friday through Sunday.

For more information call 577-6171 or 577-7963 for details.

Family Fun Run kicks off April activities

April is Child Abuse Prevention Month and Month of the Military Child.

The Family Fun Run kicks off the Spring Carnival highlighting Child Abuse Prevention and Awareness, Saturday at 9:30 a.m.

The course is one and a half miles with prizes awarded to all who complete the course.

Military families are encouraged to participate and make this an opportunity for family fun time.

For more information call 577-6711.

Spring Carnival 2001

The annual Spring Carnival will be held on Saturday from 10 a.m. – 2 p.m. at the Youth Sports Complex. This free event includes children’s rides, games, food, entertainment and photos with the Easter Bunny for ages 2-12.

Donations of non-perishable food items during the event automatically enter you in a drawing for great prizes at approximately 1:45 p.m.

For more information call 577-6365.

Got a Hot Car?

Enter your car in the Miramar Armed Forces Day Car Show, Saturday, May 19. The entry fee is \$15, which includes a car show T-shirt and auto dash plaque for the first 100 entries. Sign up at the Auto Hobby Shop, Building 6673 (across from the Main

Auto Port Service Station).

Call Mike Young at 577-1215 for more information.

Miramar Fire Dept. announces Charity Golf Tournament

The Miramar Fire Department holds the 2nd Annual Charity Golf Tournament June 1. Carlton Oaks Country Club in Santee will hold the event which benefits the San Diego Burn Institute.

For more information call Mark Weimann at 577-6137.

All-Marine Skeet team seeks competitors

Marine Corps Community Services will select a five-person, all-Marine team to compete in the Armed Forces Skeet Championship in Phoenix, May 10-19.

Interested Marines must submit resumes containing command endorsement and must be National Skeet Shooting Association members.

For details call (703) 784-9542.

Welcome aboard brief changes to Wednesdays

The Commanding General’s Welcome Aboard Brief at the Joint Reception Center, Building 2258, has changed to the first and third Wednesday of each month instead of Monday. Upcoming briefs will be held on:

April 18
May 2, 16
June 6, 20

For details call 577-1783 or 577-9123

YMCA Out & About Tour changes to Thursdays

The YMCA Out & About Tour has changed to the first and third Thursday instead of Tuesday. The brief will take place from 7:40 a.m. to 4:30 p.m. and the tour will take place 9 a.m. to 2 p.m.

Freebies of the week

April 9-13: Enter the drawing at the Entertainment Ticket Office, Building 2524, to win one of two \$50 gift certificates.

April 18-22: The theater has a drawing for two San Diego Entertainment Books. You must enter at the station theater.

April 23-27: Enter at the Auto Hobby Shop to win one of two sets of field-level Padres tickets, at a game date to be determined.

Ad Space



Pilot Eyes, continued from page 1 make any difference.”

While Edwards stresses the importance of depth perception, he concedes that the part tested is only a small part of depth perception and may not be as critical.

“What happens in real life is that people learn depth perception, and just from experience and looking from a distance (they) learn that something is closer or farther away,” he explained. “It has nothing to do with the physical characteristics you have.”

Another change to aviation’s vision standards is allowing for a waiver for Photorefractive Keratotomy. Although not yet allowed, Edwards said that a large study is currently being conducted by the military about the effects of flight on eyes that have had PRK.

“That is actually the wave of the future,” he said. “A lot of people, instead of wearing glasses, are getting surgery to improve their vision. It’s still considered not physically qualifying – we don’t want people who’ve had it done coming into the program because we don’t know the long-term effects.”

He said currently thousands of aircrew members are getting the procedure done as part of the study, and they are being moni-

tored to see how it affects them.

“So far the results are very promising – they seem to be doing fine,” he said. “We are looking at short-term effects, long-term effects, and if it becomes ok, then we may allow people to come in with certain types of procedures. We just don’t know enough about it yet.”

One of the main reasons for the change in policy is because of a lack of eligible people in the officer candidate pool. Edwards said it is not medically necessary for pilots to have 20/20 vision, like in the infancy of the aviation program.

“Now we’ve found out that medically, you don’t have to be as strict with glasses,” he said. “As we get more comfortable and learn more, we’ll probably push it a little more or maybe we’ll accept people who have had eye surgery into the pilot program. I think eventually we’d like to do that because I know there are many very motivated people who couldn’t get in because of their vision.”

Maj. Patrick O’Donnell, Marine Fighter Attack Training Squadron 101 assistant aircrew training officer, said he doesn’t think the new changes will affect the quality of the aviation program.

“It doesn’t change much of anything,” he said. “(Wearing glasses) doesn’t have any

effect on performance if (the pilot) sees what is required and he knows how to find it. It may open up more opportunities for individuals.”

Captain James Keller, officer selection officer, Recruiting Station San Diego, is one of many who are very excited about the change.

“This will open up the door of opportunity for people who now meet the criteria,” he said. “It’s going to expand people’s possibilities in the Marine Corps by not limiting them to certain MOSs because of eyesight.”

Why-me, continued from page 4 treated as such.”

Those words, while harsh, are true. If a Marine expects to be treated with the respect he or she believes the title “Marine” demands that Marine must first live by our credo of honor, courage, and commitment. That Marine must embody a can-do mentality.

Ever since that day in Cherry Point, I have tried to live up to the standard set by so many great men and women before me. I have had a can-do mentality, and with pride I can honestly say, “I am a United States Marine.”

Doctors, continued from page 8

“I’m over at my squadron everyday,” said the 29-year-old Olekowski. “It’s my job to take care of the members of my squadron. In order for me to do that to the best of my ability, they need to know and trust me.”

The ability to assess pilots and aircrews’ mental health can be just as critical as knowing what types of medication they can’t take. “If someone is going through a divorce, I need to know about it,” said Olekowski. “It could keep them from flying and it may not, depending on the person.”

To successfully promote aviation safety and to decrease the potential for aircraft accidents, flight surgeons must dedicate searches for problems - physical, mental, environmental, and man-made - which compromise safety in the air and the workplace.

“Because of my responsibilities and duties, this job is very demanding,” said Olekowski. “But because of the perks it also makes this job very rewarding.”

